

MASAO GRAPPLING LINGEN (EMS) E.V.

KURSPLAN

MONTAGS	DIENTAGS	MITTWOCHS	DONNERSTAGS	FREITAGS	SAMSTAGS	SONNTAGS
Grappling 18:00 - 20:00	Ringen Kids 17:00 - 18:00	Grappling Kids 17:00 - 18:30	Ringen Kids 17:00 - 18:00	Ringen 15:30 - 17:00		Kickboxen K1 14:30 - 16:00
	Ringen 18:00 - 19:30	Grappling 18:30 - 20:30				
K1 Kickboxen 20:00 - 21:30			Ringen 18:00 - 19:30	Grappling Kids 17:00 - 18:30		
			K1 Kickboxen 19:30 - 21:00	Grappling 18:30 - 20:30		